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Weather Forecast

Saturday




High:70
Low:40

Today



High:66
Low:41

Sunday



High:72
Low:52

FRIDAY

Fort Riley

Post

Artist Jerry Thomas works on the cover of a book about Fort Riley. See more. Turn to page 11.

May 17, 2002

America's Warfighting Center

Vol. 45, No. 20

Kansas soldier remembered

By Jason Shepherd
19th PAD

More than 350 people filled St. Mary's Catholic Church to remember Sgt. Jamie Maugans as a grandson, son and friend, but most importantly, as a hero. Maugans, a member of the 10th Explosive Ordnance Detachment out of San Diego, was buried May 9 in his hometown of Derby after being killed in action April 15 while serving with Operation Enduring Freedom in Afghanistan. He was 27. During his eulogy, Staff Sgt. Jeff Pugmire, Maugans' team leader, said that Maugans was not only a great soldier but also a great friend. "I hope you understand what a tellar man he really was," he said. "Jamie is a true American hero. I am so greatly honored to have been able to serve with him. Many of the successes that I accomplished were because of him. He always focused on what was important."

"Jaime was a great soldier," added Lt. Col. Karl Reinhard, 3rd Ordnance Battalion commander. "He always wanted to be in the Army, and he epitomized excellence. He died defending our

country and his family. His sacrifice lives in our hearts, and it won't go in vain."

Maugans, along with three other American soldiers, was killed in Kandahar when a 107-mm rocket exploded while destroying captured weapons, according to U.S. Central Command officials.

Brig. Gen. David F. Gross, 24th Infantry Division (Mechanized) assistant division commander of Maneuver, posthumously awarded Maugans the Bronze Star and Purple Heart. According to his Bronze Star citation, Maugans' "technical expertise and dedication to duty was critical to the success of Operation Enduring Freedom. He served his country and his comrades, rising above and beyond anything that the country has ever expected."

During the funeral, Maugans was honored with a 21-gun salute from members of Fort Riley's 774th Explosive Ordnance Detachment. After the salute, other soldiers of the 774th EOD, who served as casket bearers, folded the flag and presented it to Gross, who presented it to Maugans' mother, Kathy Wurdeman. Gross then presented another folded flag to Maugans' father, Bryce Maugans.

Members of the 774th Explosive Ordnance Detachment carry Sgt. Jamie Maugans' casket during his funeral in Derby, Kan. Maugans was remembered as a grandson, son and friend but most importantly, as a hero.

Benders will take fans down memory lane at Open House

On June 1, the public is invited to Fort Riley for an Open House. The free event will introduce the public to what the U.S. Army and Fort Riley do for the nation, community and its citizens.

For entertainment, the Benders are coming to Fort Riley and will perform beginning a noon on Cavalry Parade Field.

The band will take fans down memory lane as they belt out oldies and goodies made popular by groups like the Platters and Dion and the Belmonts.

The band is a unique blend of costume, dance steps and spontaneous humor, with a solid dance beat.

Their main goal is to provide an entertaining experience. If you like the saxophone, this is a band you won't want to miss.

All across the Midwest the Benders have been the opening act, the main attraction and the band of choice for almost any occasion. And through all these different circumstances, the one single quality that sets them apart from others of their kind is... FUN!

Additionally, many large-scale activities are planned for the Open House, from a weapons firing course to historic tours.

"We have designed the day's activities to be both informative and entertaining," said Brad Carlton, Open House project officer.

"We will showcase the vast amount of military technologies and capabilities resident at Fort Riley, as well as the support systems that make Fort Riley a healthy, vibrant place to live, work and play."

Carlton explained that exhibits will be organized to provide a theme-park-like atmosphere for visitors to the installation who are free to tour and recreate in accordance with their own interests and pace.

The long day won't leave anyone hungry either. A Fest Tent filled with a variety of food and beverages for sale will be open all day.

"We are truly going all out to make this a great day for our guests, soldiers, civilian workers and family members," said Carlton.

Soldiers must depend on NBC readiness

By Jeremy Heckler
19th PAD

In a chemical environment, soldiers must rely on their equipment and their training in order to survive.

Members of 125th Forward Support Battalion went through a refresher course on their Nuclear, Biological and Chemical equipment May 10 during the battalion's NBC day.

"Our basic focus is for soldiers to develop confidence in their mask and their NBC equipment," said Staff Sgt. Carl McKenzie, 125th Forward Support Bn., noncommissioned officer in charge of NBC. "We also included classes that need to be taught so they can be aware of what to do in a field environment."

McKenzie said the training is essential to maintaining the soldiers in the brigade support area.

"Knowing how to use the equipment is critical because when we go to the field each sector of the BSA must give a status report before they can report that it's all clear," said McKenzie. "Operational decontamination is all we can do to protect the BSA because we can't always get decontamination support, and we have to be self-sufficient."

Soldiers received training in applying and reading M8 and M9 paper. Other classes included

M8A1," said Pfc. Laurencia Dusanos, Headquarters and Headquarters Detachment, 125th Forward Support Bn. She said the system is easy to use but soldiers need to take the time to learn how to use it.

"It is important to train soldiers on how to use equipment so they know how to respond to an NBC attack," said Dusanos.

"Most of the courses were just a refresher, except for the noise-maker (M22)," said Spc. Michael Ritchey, Company C, 125th Forward Support Bn.

The centerpiece of the training was the NBC Chamber.

One team of soldiers remained inside the chamber, with their MOPP suits and protective masks on, as each group passed through. They ensured that the gas stayed flowing and everyone was safe.

"We burned CS capsules and ensured that everybody's mask was sealed properly and had them perform exercises," said Staff Sgt. Joseph Van Hese, HHD, 125th Forward Support

Bn. Van Hese said he and his partner also supervised the groups as they broke the seal on their mask and then resealed it. They also ensured that those who took off their masks before leaving the chamber made it outside safely.

Several members of the battalion took off their masks after they resealed it and got a full dose of tear gas.

"When you break and reseat

See NBC Page 3

346th MPs deploy

By Jason Shepherd
19th PAD

Approximately 100 reservists with 346th Military Police Company out of Hutchinson, Kan., deployed to Guantanamo Bay, Cuba, this past weekend. A deployment ceremony was held May 10.

The Reserve unit, which activated in early January, will provide military police escort and guard support for Operation Enduring Freedom.

According to Maj. Gen. Thomas F. Metz, commander, 24th Infantry Division (Mech) and Fort Riley, the MPs are a well-trained and able force.

"I know you're ready," he said. "The mission that you're going to do in the future is a very difficult one."

Prior to deploying, the soldiers

conducted personnel, equipment and training readiness assessments at Fort Riley.

"Training here has been rigorous and (the soldiers) adapted really well," said 1st Sgt. Melvin Tipton, first sergeant, 346th MP Co. "After the first couple of days, everyone really got into the training and everyone is anxious to continue toward our mission."

Tipton also added that he feels that his soldiers are ready because of past deployments.

"The difference between Desert Storm and now is that the soldiers are a lot younger but we have a lot of troops who deployed to the desert and that makes things a lot easier," he said. "We have the attitude that there is not an MP escort company that can do the mission as well as we can."

According to Col. Marc

See Cuba Page 2

Brig. Gen. Gross to depart

There will be a Departure Ceremony for Brig. Gen. David Gross, assistant division commander (Maneuver), 24th Infantry Division (Mech) on July 11. The ceremony will be held at 9 a.m. on Ware Parade Field.

Gross will be the Deputy Commanding General for Operations, Third United States Army, Fort McPherson, Ga. He became the ADC(M) at Fort Riley Aug. 31,

duties later this summer.

Helmick earned a Bachelor of Science Degree at the United States Military Academy and a Master of Science Degree at the United States Naval Postgraduate School.

His decorations include the Legion of Merit, Meritorious Service Medal (with three Oak Leaf Clusters), Joint Service Commemorative Medal, and the

Community supports soldiers through Adopt-a-Platoon program

By Jeremy Heckler
19th PAD

When members of Task Force 1st Battalion, 41st Infantry deployed to Southwest Asia, they did so with the help of members of their community who invested cards, letters and other well wishes.

The task force, in conjunction with the Association of the United States Army, participates in Adopt-a-Platoon, in which corporate members, other organizations and individuals who are supporters of the soldiers of Fort Riley, are mated up with deploying soldiers.

“We started the program when Task Force 1-16 went to Bosnia

with units from Fort Drum,” said Gary Drake, chairman of the program. “The Fort Drum chapter of the AUSA let us know about the program and suggested that we might want to continue it with our soldiers.”

“The program is meant to compliment Army and family readiness group efforts and demonstrate that we appreciate the work they do,” said Drake.

Drake said the program has been running for the past seven Fort Riley deployments. Members of the Fort Riley branch of AUSA match up the units with sponsors. This year the organization matched 52 sponsors with deploying units.

This program is one of many ways the AUSA helps soldiers.

“The AUSA is a nationwide organization that lobbies Congress on behalf of soldiers. The local chapter provides direct support for soldiers, and we’ve found nothing better than Adopt-a-Platoon,” said Drake. He added that, in addition to the help it provides soldiers, Adopt-a-Platoon is a way for AUSA to help increase membership.

Before the units deployed, the units gave sponsors a tour of their work area and their equipment, allowing them to sit in a Bradley Fighting Vehicle and try on Kevlar helmets and other gear.

“It is quite an experience for a bank teller to put on a Kevlar who didn’t know what one was before,” said Drake.

Sponsors send letters, cards

and other care packages to the deployed soldiers.

According to Cochairman Brian Wells, a former command sergeant major for 1st Brigade Combat Team, there is nothing better than letters and packages from Kansas to help boost a soldier’s morale.

“Some sponsors send digital cameras to deployed troops so they can send pictures home to Family Readiness Groups,” said Drake. He added that each sponsor provides what they can and there is no standard, although sponsors are encouraged to be creative.

“On one rotation, soldiers opened a box that was full of leaves and pine cones,” said Drake. “The soldiers dug through

The CCR will be updated annually. Information about CCRs can be obtained from the EPA's Safe Drinking Water Hotline at 1-800-426-4791.

For additional information about Fort Riley's CCR, consumers can contact Ness, DES Water Programs, at 785-239-2630.

Fort Riley's Directorate of Environment and Safety has prepared Fort Riley's Annual Consumer Confidence Report.

"Fort Riley is committed to providing a safe and reliable supply of high-quality drinking water. Fort Riley's drinking water met or surpassed all federal and state drinking water regulations in 2001 and continues to do so," said Larry Ness, DES Water Programs. Fort Riley has prepared an annual Consumer Confidence Report,

which is required by the Safe Drinking Water Act."

Prior to July 1, the CCR will be posted on the Internet at <http://www.riley.army.mil>.

"From the Fort Riley homepage, follow the link to 'Our Post' and then to the Environmental Stewardship page, which will have a button, 'Quality of Tap Water Report,' Ness said. "Clicking on this button will bring up a copy of the 2001 CCR."

The CCR provides information

on the type and source name of the water; information on contaminants including a mandatory monitoring list; information on detected regulated and unregulated contaminants; any violations associated with monitoring and reporting and additional health information for immuno-compromised persons.

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 Canoe Trip

NBC

continued from page 1

he mask you know it works, but when you take off your mask you lose sight of where you are and need to be close to the door so you can get out,” said 1st Sgt. Maurice Riley, Co. C, 125th Forward Support Bn.

Many of the soldiers gained a

greater understanding of the importance of chemical protection.

“With the state of the world today, you never know where you might end up and you can never tell who has chemical weapons,” said Riley.

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 Antique Page

the box thinking that it was packing materials and found that the leaves were the package and it allowed soldiers to smell and feel the Kansas fall back home.”

Drake said the platoons have also sent back packages and other reminders from abroad. Some of the packages included boxes of Kuwaiti sand, pictures, a Kuwaiti flag and other mementos. Drake sponsored a platoon from Task Force 2nd Battalion, 70th Armor and has a picture of a Humvee with Fort Riley National Bank plates on the front.

“When Task Force 2nd Bn., 70th Armor came back their S-1 (personnel officer) came in and said ‘Gary this license plate was on everything over there,’” said Drake.

Drake said to remember that it is not the things that are sent, but the thoughts of those who sent them. “The main thing is communication,” he said.

“They aren’t expecting gifts but maintaining a relationship with the soldiers. The words of appreciation really make a difference and make it worthwhile.”

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FORT RILEY POST

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Korea after 50 years: More POWs elect to return to communist rule

By Jim Caldwell
Army News Service

The number of communist prisoners of war to be returned to their home countries of North Korea and China remained a ticking point at the peace talks, 50 years ago this week in Korea.

The Reds wanted all the POWs — even if they didn’t want to go home.

May 16, 1952 — North Korean Lt. Gen. Nam Il, leader of the communist delegation at the Panmunjom talks continues his harangue about United Nations mistreatment of POWs held in Korea by the allies. He repeats charges that South Korea and Nationalist China will use the 100,000 prisoners who did not want to be repatriated as cannon fodder. He claims the United States will use them for germ warfare and atomic bomb experiments.

May 17 — Fifth Air Force reports that a weekly record of 1,490 U.N. combat missions were flown from May 11-17. They lost 4 aircraft, but none in dogfights, while F-86 pilots shot down eight MiGs.

May 19 — Vice Adm. C. Turner Joy, U.N. chief delegate, refuses to negotiate the exchange of prisoners, but Nam insists on daily meetings. He tells commu-

nist delates he will only talk about other aspects of the prisoner exchange, not the interviews of POWs and unforced repatriation of prisoners who elect not to return to the communist side. It’s a “take-it-or-leave-it” offer by the United Nations.

In the language of the talks, “take it or leave it” does not mean final offer, which Joy and his successor, Maj. Gen. William K. Harrison Jr., urge their superiors to adopt. However, Gen. Mark Clark, commander of the U.N. Supreme Command, the Joint Chiefs of Staff and political leaders in the United States, do not want to give an ultimatum. They fear the communists will walk away from the talks.

Maj. Gen. Haydon L. Boatner reports he has talked with POW leaders of Compound 76 about their rights and obligations. Guards have been ordered not to fire if prisoners stage another rock-throwing incident, because he wants to see if leaders intend to obey the rules. Boatner, who speaks Chinese — both the high version of the language and peasant Chinese fluently — has also been advised by a Nationalist Chinese friend on how to give the Reds orders without causing them to lose face.

Gen. Matthew B. Ridgway reaches Washington and immedi-

ately briefs Truman on the situation in Korea, meets with the Senate Armed Forces Committee and, finally, holds a news conference. He tells reporters that the communists rejected a U.N. offer to rescreen the POWs when they found out only 70,000 wanted to return.

Joy tells the Reds they had tacitly agreed to the survey of U.N.-held prisoners until they were presented with the results, which reflected on the failure of their dictatorial systems. He also says the results of the survey “forever shattered” the “myth” that Chinese soldiers in Korea are volunteers.

May 20 — Another group of communist POWs cause trouble, this time at the Pusan camps. They stage a sit-down protest in the hospital at Camp 10, and refuse to leave the area when ordered. The result is that one of the prisoners is killed and 85 injured when they are forced out. The next day, Army officials have said they will separate the trouble-

makers from the rest of the prisoners.

Supersabre pilots report downing four MiGs.

May 21 — The Defense Department releases the weekly report of casualties in Korea. The total casualties are 108,707, including 19,157 dead.

In England, several Parliament members speak out against the use of napalm bombs in Korea. They say using them against civilians is inhumane and gives the communists a propaganda weapon. A government spokesman tells them that napalm is only used against military targets and great care is taken to avoid civilians.

May 22 — Ridgway addresses a joint meeting of Congress. He blasts the communists, and says one reason they accused the United States of germ warfare is when they employ it they hope the world sees it as an equal retaliation.



tion. He says the U.N. negotiators must daily face “blind hatred, the vituperative venom, the vicious falsehoods, deliberately employed, which are all inseparable elements of the technique of communist negotiations.”

Joy gives his farewell talk at Panmunjom. He is leaving to become the Naval Academy superintendent. Joy takes the chance to castigate his counterparts. “The U.N. Command has told you with all firmness and finality that it will not recede from its position with respect to the prisoners of war,” he says. He adds that the U.N. “would not barter” on the April 28 three-point offer. The Reds indulge in “abuse and deceit” and drag out the talks to “repair your shattered forces.”

He recalls on July 10, 1951, he stressed that “the success or failure of the negotiations began here today depends directly upon the good faith of the delegations present.” He says when the records of the delegations are compared, “they are as different as night and day. No amount of propaganda, however oft repeated, can hide your ignoble record.

“After 10 months and 12 days, I feel there is nothing more for me to do. There is nothing left to negotiate.”

Joy then introduces Harrison as his successor. “May God be with

him,” he says and leaves the meeting without giving the Reds a chance to respond.

Even though the U.N. delegates denigrate the Reds for their behavior over the POW screening by the United Nations, they are holding back that the number who want to be repatriated has risen to 83,000. This happened when the die-hard POWs on Kojedo, who threatened violence if they were screened, were added to the list of those who want to return.

Joy and Harrison advised their superiors that this fact should be told to the enemy delegation because it might soften their stand, hoping that more prisoners would choose to return.

However, officials in Washington say no because they suspect the Reds might think the United Nations was manipulating the figures.

A large raid of bombers and tactical fighters attack communist storage complexes in Pyongyang. It’s the second such attack after a May 15 raid hit the storage area with explosives and fire bombs. Reconnaissance aircraft checked out the city before the raids started to determine how they could minimize civilian casualties. Fortunately, the storage centers are well away from residential areas.

Directorate created to increase emphasis on deployment health

Dr. William Winkenwerder Jr., assistant secretary of Defense, Health Affairs, has established the Deployment Health Support Directorate as a permanent organization and appointed Ellen P. Embrey, the deputy assistant secretary of Defense, Force Health Protection and Readiness, as its director.

“My pledge of health protection for U.S. forces is unequivocal,” Winkenwerder said. “We will build on the lessons of the past and maximally utilize the resources of the Deployment Health Support Directorate, under the direction of Ellen Embrey, to achieve this essential mission.”

As director, Embrey will ensure the unity and effectiveness of the Defense Department’s efforts to protect the health of deployed forces, Winkenwerder said.

The new directorate will build upon the considerable achievements of its predecessor organization, the Office of the Special Assistant for Gulf War Illnesses, Medical Readiness and Military Deployments. Dr. Michael Kilpatrick has been interim director of that office and will continue to play a critical role in leading these efforts within the new directorate.

The Deployment Health Support Directorate is charged with understanding how the Depart-

ment of Defense can best support the health and medical needs of our warfighters before, during and after military deployments. The directorate will focus on several measures DoD can take to better protect the health of deployed forces, including accurate record keeping, preventive health and research.

Through open lines of communication between DoD and servicemembers, veterans and their families, the directorate serves as a conduit for contributions to deployment health policies and practices and as a bridge from the experiences of the past to the battlefields of the future. In particu-

lar, the directorate will continue its efforts to fully understand the health experiences reported by Gulf War veterans.

“Protecting the health of deployed military personnel is a paramount concern of the Department of Defense,” Embrey said.

“We must do everything possible to continue to improve the protection of U.S. forces in all deployments.”

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Fort Hood units testing new MLRS

By Katharine Williams
Army News Service

FORT HOOD, Texas - Active-duty and National Guard soldiers in Texas are fielding and testing a new Army weapon, the M270A1 Multiple Launch Rocket System.

Soldiers with the 2nd Battalion, 10th Field Artillery Regiment, held a launching ceremony April 7 to present the new MLRS to the 4th Infantry Division. The ceremony consisted of a live-fire exercise attended by key members of the 4th Infantry Division and the 49th Armored Division, Texas National Guard.

A military vehicle, painted desert camouflage, lumbered across the terrain, parked and prepared to fire. Within minutes, a metallic “click” was heard, followed by a loud rumble and a blast of fire as a 12-foot rocket lurled downrange.

The new M270A1 takes only nine seconds to engage a target. The system is much faster than the previous model, officials said, and requires less than three minutes to reload compared to the four minutes required by the old M270.

The new MLRS launcher also has improved fire control and auncher mechanical systems, according to officials. A single auncher can deliver 12 rockets and cover an area roughly the size of six football fields in one minute with 7,728 anti-personnel muniments. The new launcher also is capable of firing more munitions.

The Texas National Guard’s 2nd Battalion, 131st Field Artillery Regiment and Delta Battery, 2nd Bn., 20th Field Artillery, are the first units in the Guard to field the system. These Texas Guard units would round out the 2nd Bn., 20th Field Artillery Bat-

Sgt. Matthew Geoffroy, an MLRS gunner, 2nd Bn., 20th Field Artillery, said the National Guard soldiers have integrated into training without problem.

“They don’t get as much training as we do, but what they do have is stability within the crew,” Geoffroy said.

Canedo said the soldiers melded themselves into a tight-knit team and understand everyone has an important job to do.

Along with the honor of being the first unit to acquire the new weapon system, the battalion took on the extra work necessary to bring the system online. According to Geoffroy, the Guard units spent two weeks of annual training learning about the new system.

The first week consisted of classroom training, with soldiers studying the new manuals in order to familiarize themselves with the capabilities of the upgraded system. During the second week, soldiers put the skills they learned in the classroom to work in a field exercise.

Soldiers are impressed with the system. “We can shoot missiles now. We can do the full range of munitions to destroy both moving and stationary targets with indirect fire,” said Geoffroy.

The new launcher has the ability to fire the entire MLRS family of munitions, Geoffroy said, including three anti-personnel projectiles and four dual-purpose projectiles.

When an anti-personnel round strikes the ground, the submunitions are thrown upward 4 to 6 feet so that they will detonate in the air and maximize their capacity, officials said. Being the first unit to field a weapon system like the M270A1 is an honor, said “Ironhorse” soldiers of the 4th Inf. Div.

THE MARTIN AGENCY 4 x 10" Black Only Alltell/pick up April



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Soldier of Year departs for OCS

By *Jeremy Heckler*
19th PAD

Fort Riley’s Soldier of the Year, Spc. Alicia Bodie, took the next step as a soldier by trading in her specialist’s stripes for cadet brass. Bodie departed for Fort Benning, Ga., and Officer Candidate School on May 1 for the opportunity to become an Army officer. She started her journey for OCS after winning Soldier of the Year. “I submitted my packet in November and went to the board on December,” said Bodie. Her packet included recommendations from her commander, Capt. Ken Landgren, Major Gen. Robert St. Onge, former commanding general at Fort Riley, and Col. Marc Hildenbrand, commander 937th Engineer Group. She also wrote a one-page essay on why she should be an Army officer. Once Bodie submitted her packet, she went to the board. She said the OCS board was different than many of the boards she took the previous year.

Local event highlights Open House

By *Scott Price*
Community Relations

Fort Riley took part in a local event that celebrated National Tourism Week. The event also gave Fort Riley Public Affairs personnel the opportunity to showcase “America’s Warfighting Center” and advertise the post’s upcoming Open House. The event, titled “Tourist in Your Own Town,” was sponsored by the Manhattan Convention and Visitors Bureau, partnered with the local hospitality industry. The program was part of the Manhattan Area Chamber of Commerce’s “Business After Hours” at Sunset Zoo. “We work year-round to promote tourism to others outside of Manhattan,” said Tina Harland, tourism sales manager. “But for his one week, we are encouraging our local community to get out and ‘Be a Tourist in Your Own Town.’ Our hope is that we can get the community to rediscover Manhattan and all that it has to offer.” The event coincided with National Tourism week which is May 5 - 11. Tom Fryer, vice president Commerce Brokerage Services, Inc., said, “This is one of the better events we’ve had in the past year, despite the threatening skies. The people I’ve talked to really enjoyed themselves, and we couldn’t have asked for a better location than the zoo.” Well over 200 citizens braved the threatening weather to learn what Fort Riley and the surrounding area have to offer in the way of tourism. Fort Riley’s contribution to the evening was the Public Affairs office photo display and personnel to provide Open House and tourism information. The event featured live entertainment and free food samples. Lillian Flegle, deputy community relations officer, was impressed with the turnout. “There was a great turn-out for the program,” she said. “People were very open and receptive to the exhibits from all the different businesses that were on display.”

“In the OCS board they try to get to know you and it’s more of a job interview,” said Bodie. She said the three officers on the board asked questions designed to find out what her thought processes were. Before going to OCS, Bodie went to the Primary Leadership Development Course to learn the skills that would help her become a noncommissioned officer. “PLDC gave me a basis for what an NCO’s role is and gave me a basis for learning what officers do,” said Bodie. In the past year, Bodie has taken her can-do attitude with her. “She has a great personality that volunteers for everything,” said Landgren. He said she volunteered for the rigors of squad lanes. “Last year she volunteered for the 937th Engineer Group Squad Stakes and, while she wasn’t the fastest or the strongest, she was picked because she’s very determined and has a don’t quit attitude,” said Landgren. Bodie credits the work that Landgren did in helping her mak-

ing it through the OCS process. Landgren said he wanted to help another soldier as others helped him when he decided to become an officer. “When I was at AIT (Advanced Individual Training) I put in my OCS packet and my company commander at the time wholeheartedly supported me and loaned me his typewriter each night so I could fill out my application,” said Landgren. “He also set up interviews for my letters recommendation. I felt indebted to the work he did to help others and Spc. Bodie was the perfect candidate.” Bodie remains focused on her goal of success. “I saw where I wanted to be, set my goals accordingly and headed toward my goal,” said Bodie. “You have to be confident and visualize your goal as though you’ve already accomplished it.”



Special to the Post

Spc. Alicia Bodie, 1st Finance Battalion, flies in a UH-60 Blackhawk helicopter before she departed for Officer Candidate School on May 1.

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Beginning in October, Captains to be promoted at 38 months

By Gary Sheftick
Army News Service

The Army will promote officers earlier to the grade of captain, beginning in October.

The accelerated pin-on of bars should help alleviate a shortage of 1,900 captains, according to Army personnel officials. They said many lieutenants are now filling captain jobs. The Army also has 1,200 more lieutenants than it is authorized and the early promotions will help level that out, officials said.

The early promotions will help align the company-grade “inventory” with available positions,

said Maj. John Thurman, an operations research analyst in the Directorate of Military Personnel Policy, G1.

The new policy will take effect in October with a gradual implementation, Thurman said. Officers promoted to captain in November will have 40 months of service, instead of the current 42 months. Those promoted in December will have 39 months. A new captain’s board is scheduled to meet in November. Those promoted in the spring will have 39-40 months of service, Thurman said, and by June the new policy should be fully implemented with all promotions at 38 months.

The Fiscal Year 2002 Defense Authorization Act authorized the Army to promote officers to captain after just 36 months of service, but Army leaders determined that 38 months would help solve the shortage and still allow lieutenants developmental time as platoon leaders.

“It will require management at the battalion-commander level to make sure lieutenants get trained,” one officer said.

Before 2000, captains were not promoted until they had 48 months of service. The exception to this was wartime, officials said. During the Vietnam War, some of today’s generals were promoted to

captain with just two years of service.

Army Chief of Staff Gen. Eric K. Shinseki was promoted to captain in 1967 after 29 months of service. Many officers in Vietnam were promoted to captain after 24 months of service - including Gen. Montgomery Meigs, now head of U.S. Army Europe; Gen. John N. Abrams at Training and Doctrine Command; and Gen. Thomas A. Schwartz, commander of U.S. Forces Korea.

The congressional authorization for early promotions to captain has a sunset clause and expires Oct. 1, 2005. At that time, Thurman said leaders will need to

reassess whether early promotions to captain would still be beneficial.

The accelerated promotions may substantially bring down the shortage of captains by that time, Thurman said, but added that it won’t be an immediate fix.

“Our deficit was a decade in the making,” Thurman said, explaining that it will take some time to reverse it.

The captain shortage was caused by an under-accession of lieutenants in the early 1990s, Thurman said. Then it was compounded by attrition during the booming economy of the late 1990s, he said, when job offers

were plentiful from the private sector.

Thurman said there was never any intent for the new policy to have an affect on retention of captains.

“We don’t think this policy will have any affect on an officer’s decision to stay or leave,” Thurman said. “Getting promoted to captain four months early is not going to change your world.”

Army personnel officials said that captain attrition rates have “stabilized, at or about normal levels.” Last year, about 60 fewer captains left active duty than in fiscal year 2000.

DES recognized by national organizations

Fort Riley’s Directorate of Environment and Safety has been recognized by two national organizations for their conservation and recycling efforts. Partners in Flight recognizes organizations that protect migratory birds and their habitats. Waste Management, Incorporated acknowledges communities that promote America Recycles Day.

DES was awarded the Partners in Flight Group Award for Sound Land Stewardship. DES personnel are responsible for maintaining the Fort Riley training areas or military training and for ecosystem integrity. They accomplish both these missions through conservation of the tall grass prairie by prescribed burning, closely regulated hay harvesting, and invasive tree control. These practices lead to healthy bird populations. Many bird species use Fort Riley while breeding, migrating, or wintering, and are sur-

veyed by DES personnel. The DES individuals involved in these ongoing efforts are Herb Abel, conservation division chief, Alan Hynek, fish and wildlife administrator, Jeff Keating and Gibran Suleiman, threatened and endangered species biologists, John Barbur and Monte Metzger, agronomists, Mark Neely, forester, Mark Schreefer, forestry technician and Jerold Spohn, range technician.

Jeff Keating, threatened and endangered species biologist at the DES, said, “Birds comprise the majority of vertebrate species that occur in the habitats on Fort Riley. Managing these habitats to provide quality areas for the diverse bird species that occur also provides quality habitat for the other types of wildlife native to this region.” The largest habitat type on Fort Riley is tall grass prairie, which is the habitat type that has suffered the largest loss of

acreage in North America according to Keating. Thus, an emphasis on Fort Riley has been to coordinate prairie management initiatives, such as prescribed burning and agricultural leases, in such a manner so that the needs of all breeding grassland birds within the Flint Hills area are met, in both the short- and long-terms, in coordination with the military mission, he said.

The DES was also awarded the Waste Management, Inc., Recycle America Award for their America Recycles Day activities. Government officials, elementary students, military and civilian personnel, as well as members of the surrounding communities, were invited by DES to participate in events designed to promote the benefits of recycling and buying recycled-content products. The DES sponsored 14 separate events, including the grand opening of a new recycle collection

point, a “Buy Green” product identification initiative for consumers at the Fort Riley Commissary and the Post Exchange and an elementary school poster contest. The DES focused much of its ARD efforts close to home, but Fort Riley’s activities extended beyond the installation’s boundaries to surrounding communities. Through the influence and support of Fort Riley’s DES, Junction City and Kansas State University held ARD events in 2001. The Recycle America Award came with a \$3,000 check, which will be used to support Fort Riley’s Troop Incentive Program, the program through which units on the installation are given monetary awards for recycling.

Military licenses no good in Germany

HEIDELBERG, Germany (Army News Service) - Soldiers and civilians arriving in Germany can no longer use a military driver's license as the basis for obtaining a license to drive a privately owned vehicle.

Drivers must now possess a valid U.S. state drivers license or country license in order to obtain a U.S. Forces POV Certificate of License and operate a private auto off post, according to officials at the U.S. Army Europe Office of the Provost Marshal.

The rules for registering and driving private vehicles in Germany were updated for the second time this year April 17, said Tom Lorenzini, registrar at the U.S. Forces Vehicle Registry.

"The changes became necessary to clarify certain procedures and implement safety and security initiatives," Lorenzini said.

Lorenzini described the three major changes affecting U.S. vehicle owners and drivers in JSAREUR:

First, individuals will no longer be permitted to use a military license (OF 346) in lieu of a valid state or country license to obtain a U.S. Forces Privately Owned Vehicle Certificate of License for any class. Lorenzini said this procedure was cancelled on the recommendation of the USAREUR Safety Targeting Board in order to reduce accidents caused by drivers who are too inexperienced to master driving in Germany. The JSAREUR policy is now in line with the other DoD components, who also require service members to have either a stateside or host nation civilian license to operate POVs outside U.S. installations.

Second, the Alcohol and Drug Abuse Prevention and Control Program has been renamed by the Army and Air Force. The Army's new name is Army Substance Abuse Program and the Air Forces' new name is Alcohol Drug Abuse Prevention and Treatment. Individuals who commit an alcohol-related driving offence must complete one of these programs to get their U.S. Forces Privately Owned Vehicle Certificate of License returned.

And third, individuals with a record of three alcohol-related driving offenses will be prohibit-

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6:30 p.m..... CAC (Fri., Sat., Sun.)
10 p.m.....In Step
10:30 p.m.....CAC (Fri., Sat., Sun.)

Fort Riley Community



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Fort Riley's story: Book looks into post's past

By Karen E. Hinkle
K-State Intern

Fort Riley has become the subject of a book, one in a series of books on forts, commissioned by the Kansas State Historical Society. Not only is the book about our local historical fort, but "Fort Riley - Citadel of the Frontier West" was written by Fort Riley's own Bill McKale. Also of local significance, the covers for all the books in the series were designed and painted by Manhattan artist Jerry Thomas.

McKale is the acting director of the Museum Division on Fort Riley. After learning about the fort series, McKale decided to contract the book because of research he had already done about Fort Riley.

The book covers the fort's history, including how the fort was established, famous people that have passed through, and how it has remained a viable part of the nation's defenses over a period of 150 years.

"Fort Riley has been a major mobilization and training center throughout its history," McKale said.

Though McKale enjoyed writing the book, he said his favorite part was the research. He particularly enjoyed researching information about the parade of historically significant officers that passed through the fort in the 1850s, including the famous Confederate General Robert E. Lee. During the 1850s, McKale said more than 300 future Union officers and two dozen future Confederate officers served here and later became commonplace names in Civil War history. These famous names include men like Louis Armistead, John Buford and Jeb Stuart.

Because there was an endless amount of information available, McKale said he had to choose what to include in the book. Also, the Kansas State Historical Society wanted each book in the series to be the same length. That meant McKale had to make some difficult decisions about parts of the fort's history to include. He also had to craft a story that made sense to the reader.

"The difficulty was interweav-

ing various strands of the story into a coherent narrative," McKale said.

Creating the cover art was another challenge, one left to nationally known local artist Jerry Thomas.

Thomas is best known for his wildlife paintings, including paintings commissioned by Ducks Unlimited. He also has won two Kansas stamp competitions.

"I believe I took six or seven rolls of film (at each fort)."
Jerry Thomas

Thomas said he wanted each cover of the fort series to reflect the unique characteristics of that fort. As part of his research, Thomas visited each fort and spent hours photographing the area and people that resembled historical characters. Thomas also spent countless hours researching clothing of the era and weaponry. The Fort Riley Honor Guard

posed as models for the Fort Riley cover and several others.

"I believe I took six or seven rolls of film (at each fort). I had each gentleman pose; I took pictures of outbuildings."

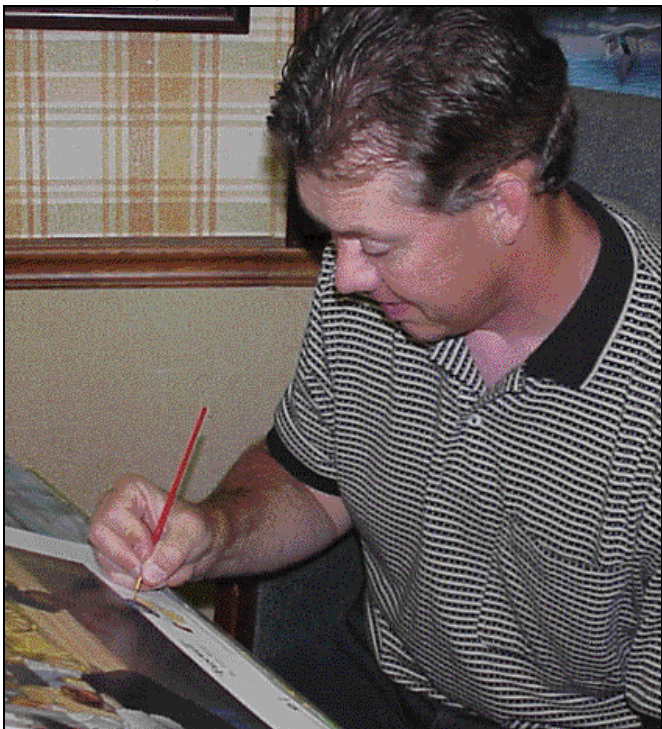
Once the film was developed, Thomas examined each photo carefully and chose the pictures he based his drawings on. He then arranged these pictures and began to work on the painting. Thomas said the process took longer than he originally expected.

"The result has taken five years," he said. The cover of the Fort Riley book features several members of the 7th Cavalry unit preparing to depart on a new campaign. With the Custer House in the background, they salute the review stand.

Thomas said his favorite part of creating the covers for the fort series was researching all the items included in the paintings.

"I like the research; just putting together the puzzle," he said.

The fort series is available through the Kansas State Historical Society Museum or local bookstores.



Post/Hinkle

Artist Jerry Thomas used photographs he took to help him paint realistic characters and buildings. He also researched clothing styles and weaponry.



Post/Hinkle

Bill McKale, standing in front of the U.S. Cavalry Museum, holds a copy of "Fort Riley - Citadel of the Frontier West." McKale co-authored the book. Artist Jerry Thomas on Manhattan spent hours photographing models and buildings at each of the eight Kansas forts. His artwork was then featured in the series of books.

Fort Riley Riding Club has low cost stables, offers extensive riding area for members

By Steven Cooke
19th PAD

People with horses and nowhere to keep them? Yes, a sad and uncommon problem. But luckily, the Fort Riley Riding Club, Inc., can help.

Active duty, retired, Department of the Army civilians and contract employees of Fort Riley can train and take care of their horses right on post.

"The Fort Riley Riding Club provides low cost horse stabling, pasture and training facilities for the military and civilian workforce of Fort Riley," said Cindy Faulkner, FRRC secretary. "We currently have 19 active duty families, three retiree families and three civilian families in our membership."

The FRRC facility consists of 15 acres, 32 paddocks and is capa-

ble to carry \$100,000 worth of personal liability insurance and the horse must meet health requirements for vaccinations," Faulkner said. "The horses also have to get worming done every 60 days."

Horses are prone to contract different kinds of worms, Faulkner explained, so they need to be treated regularly to prevent contamination.

"Members also need to clean the paddock and remove animal waste everyday," Faulkner said.

Some families come down to the stables more than once a day.

"I come down twice a day, seven days a week," said Kathy Sodowsky, wife of Capt. Wayne Sodowsky, Company B, 70th Engineer Battalion. "With two horses, it takes at least 45 minutes each time."

Sodowsky, a self-proclaimed horse lover, said she enjoys it

to have a place to keep their horses. "It's \$50 a month stabling fee per horse, keeping a horse can still get expensive."

Faulkner estimates she spends between \$500 and \$600 a month on her family's four horses.

"Sometimes more if they get sick, or whatever else comes up," Faulkner said. "It is like caring for a child."

Sodowsky and Faulkner both say that though keeping horses is expensive, it is very much worth it.

"We all love our horses. We love to ride," Faulkner said of her family. "It's relaxation, real peaceful. We go on trail rides. You spend three or four hours on a trail ride and it's fun. Also, it's something our whole family can do."

Sodowsky enjoys the competitions she enters with her horse.

"It's called dressage," said Sodowsky. "Dressage is like classical ballet for horses. It's a slow, controlled movement. It's a beautiful art form."



Post/Heckler

Teresa DeGroat, Fort Riley Riding Club member, talks to her horse, Lil' Buddy, as they wander to the grazing area. People can train and take care of their horses right on post.

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Muscularity, symmetry, composure key in body building competition

By Christopher Selmek

19th PAD

Jessica Romero and Daile Fontenelle captured the title of Mr. And Mrs. Fort Riley at the BOSS sponsored Body Building Competition at King Field House on Saturday.

The competitors, 10 women and 10 men, competed for the overall title, as well as in their weight classes.

Participants for this competition trained all year, spending five to six days a week in the gym, for as many as three hours a day.

"I spent two hours in the gym five to six days a week, and my husband was my trainer," said Romero. "I'm ecstatic, I didn't expect to win. My husband does this, and I just started working out with him."

"I feel awesome," said Fontenelle. "Hard work, but I did it."

"Work hard," was Fontenelle's only advice for determined competitors. "Keep it up and work hard."

Each competitor also developed a special plan for shaping their bodies the way they desired. "In order to burn fat, you really have to do a lot of cardio," said Walter Barr, a competitor and personal trainer out of Manhattan, Kan. "Doing light weight builds muscle fibers."

Barr suggested a high protein, low carbohydrate diet, citing his experience as a trainer. Barr said he spends three hours a day in the gym, six days a week.

Arsenia Bragg, one of the competitors, advises people who want to participate to work out every day. She also said she did

Jessica Romero, left, was the overall winner of the Ms. Fort Riley competition on Saturday. (Right) Daile Fontenelle was the winner of last weekend's competition for Mr. Fort Riley. He stands on the left, posing against Abel Trevino, the other competitor in the Bantam weight class.

Photos by Christopher Selmek

not diet too much because she could not afford to lose weight. "I'm happy with the weight I am," she said.

Glenn Simpkins, one of the event's organizers, said before the competition, "None of the ladies and gentleman here tonight are professional."

The judges evaluated participants on three standards.

"We're looking for muscularity, symmetry, and overall composure," said Anthony Dixon, one of the judges.

Before the competition, all competitors were in a sectioned off preparation area working out and oiling their bodies.

"Oil makes the muscles stand out better, it makes the contrast shadier," said Homer Espinoza.

Each competitor went up on stage and struck various flattering poses for about two minutes while popular music played in the background. The first group to go was the women's lightweight category with two competitors, Luly Prieto and Bragg.

After the individual sessions, both competitors came onto the stage for a

pose-down. The judges deliberated and selected Prieto as the winner of this category, though both participants were given medals.

Women's middleweight went next, the largest female category, with Jessica Romero up against last year's winner, Michelle Dawson, and Paula LeBoy.

Romero ended up taking the category, with LeBoy taking first runner up and Dawson placing second runner up.

Talisa Porch was the only competitor in the women's light-heavy weight category, and advanced automatically after her posing.

Claudine Utley won the women's heavyweight competition against Geniene Webber. Webber went on to take the Women's Master Competition, squaring off against Utley and Paula LeBoy.

The winners of each of the five weight classes marched on stage to perform a series of mandatory poses, far from being the posing of choice during the individual

See Competition Page 15



Pacesetters edge out Die Hards in finals

By Christopher Selmek

19th PAD

The 541st Maintenance Battalion "Pacesetters" narrowly edged past the 1st Engineer Battalion "Die Hards" 1-0 in the finals of the most intramural soccer tournament Monday at Infantry Parade Field.

The score was 0-0 throughout the game and into overtime when, in the middle of the second half of overtime, Pacesetter Carlos "Gonzo" Gonzalez ran alongside the goal and tripped the ball in, almost as if by accident.

"Just luck," Gonzalez said about scoring the games lone goal. "I saw the ball and I kicked it in."

Before and throughout the game the Die Hards felt they had a very good chance of winning. "We came in second last year," said Die Hard Michael Pisarik. "We're not going to let that happen again. Judging from past games, we need to work on taking shots when we get them," he said.

The Pacesetters knew from the beginning that the game would be evenly matched, but were still confident that the odds were with them.

"We made it this far," said Pacesetter Venancio Castro. "We have a very good chance at winning. Just play as a team, that's the only real strategy. This is a team sport, we play as a team."

The first half of the game was generally uneventful. The goalies rarely got their hands on the ball, although the one time Die Hard goalie David Renjifo leapt into the air to snatch the ball away from the opposition, the entire mass of players moved to the opposite end of the field in preparation for a counter attack.

ball back with his head, and his team took control. Die Hard Eric Beckford then made a break with the ball from midfield to the goal, doubled back to get a good position, and lost the ball to two defenders.

"Right now the center is open," said Pacesetter Dustin Harris to his teammates during halftime, "that's why their beating us to midfield. If you get to the ball, we'll beat them."

"In the second half we've got the wind, we've got the sun, we'll beat them," he added, referring to their change in position on the field and the unfavorable glare of the sun on one side.

"We could be better," said

Noda. "Tighten up the defense and chase them to midfield and we'll have them. They're keeping the pressure on us. They're a good team, but not as good as us."

The second half was a repeat of the first, both teams continuing to juggle the ball across the field. Though the range broadened slightly and the ball got nearer and nearer to the goal, it never quite made it in.

Never was the equality of the teams more obvious than midway through the half when Die Hard Tom "Pizza" Piazza made a corner kick that was deflected by Pacesetter goalie Andrew Hernandez.

The score was still 0-0 at the

end of regulation, and had to go into overtime.

Absolutely nothing happened in the first, five minute half of the overtime that might suggest either team was better suited for victory.

Gonzalez's game winning goal came as a surprise to everybody on the field, eliciting mad cheers from his team.

"I think we did well," said Gonzalez. "We played our best, we worked as a team and we won."

Die Hard player Kate Pendry gave only a hint of disappointment.

"They stole it in the last two minutes," she said. "I think we all did well."



Counting snakes, lizards can be fun

By Alan Hynek

Fish and Wildlife Biologist

The Directorate of Environment and Safety, Conservation Division, went out looking for snakes on May 9. They did so with a lot of help from the U.S. Fish and Wildlife Service, Kansas Department of Wildlife and Parks, KSU, KU and local volunteers. A total of 24 individuals spent the day flipping rocks and turning over logs in many different types of habitat on Fort Riley.

While you couldn't pay most people enough money to do this, there are an odd few that actually enjoy it. Herpetofaunal resources in this area are quite diverse and interesting.

There are 52 species of frogs, snakes, lizards and turtles that are known to inhabit Fort Riley and vicinity. Part of the fun is you never know what is under a rock or log. More than 500 individual animals were counted on the 2002 survey, representing 31 species.

Many of the reptiles and amphibians found on Fort Riley are becoming increasingly uncommon. While much of the region has undergone drastic changes over the last 100 years, Fort Riley has remained relatively intact, despite intense military training. Survey results for these and other species of wildlife native to the tallgrass prairie are good indicators of environmental health.

Since reptiles and amphibians are highly sensitive to environmental changes, they can tell us a lot about how we are doing in caring for our natural resources.

The most common species found on last week was the ringneck snake. These snakes normally grow 10 to 15 inches in length. They are characterized as being dark gray, with an orange band behind the head. Many rocks had multiple ringneck snakes underneath, with as many as seven individuals found under one rock.

One of the more rare species found on the survey was the Texas horned lizard. This lizard has declined in numbers throughout most of its range and is currently a federal Species of Concern. These interesting looking lizards are locally common in and around quar-

On the Wildside: News About Nature

ries and rocky hillsides.

There were two species that were found that had never been documented on Fort Riley. Those were the plainbelly water snake and the prairie lizard. The plainbelly water snake is most common in the state from the Kansas River southward. It is the least aquatic of the Kansas water snakes, wandering great distances from water during the summer. It can be distinguished from other Kansas water snakes by a uniform cream or white belly.

The prairie lizard is found in the western two-thirds of Kansas. It is dark gray or brown in color, and covered with rough raised scales. It has the general appearance of a Texas horned lizard, minus the horns.



Worlds of Fun

A thrilling new ride that lets passengers experience tumbling and unique and exhilarating. ThunderHawk swings back and forth in a cradle-like motion until enough momentum takes riders over the top to a height of approximately six stories.

Thrill-seekers will find the new attraction's unusual, exhilarating ride an exciting addition to the Mammoth's 75-mile-per-hour, 205-foot-drop and the Boomerang's 2-story corkscrew scream machine. Worlds of Fun continues to offer a total family entertainment experience, from Camp Snoopy for young children and parents to Thunderhawk and other exciting rides from teenage thrill seekers. A "Spring Special" is available during the months of April, May and June. Prices are nearly 50 percent off the regular admission price in celebration of World's of Fun's 30th Anniversary. Discount tickets are now available.

Disneyland Resort

Disneyland Resort has extended the military accommodations offer at the Disneyland Hotel, Paradise Pier Hotel and the Grand Californian Hotel until June 13. Stop by ITR for further information, brochures and discount Disney Park tickets. Let ITR put together a exciting package.

Country Stampede

Have you ever attended a party with thousands of friends, national recording artists, and four days

of non-stop music and fun? Country Stampede is a weekend country music and camping festival June 26-30, in Manhattan. The weekend is fun filled and action packed with great performers, fantastic food, colorful crafts, and much, much more! Top performers will include Lonestar, Alan Jackson, Kenny Chesney, Toby Keith and more. ITR now taking discount orders now for one-day at \$37 and three-day for \$67 and a \$5 handling fee per order. Gate prices will be \$45 and \$85 respectively.

Six Flags Over Texas

So Big. So Close. So Texas! Six Flags Over Texas offers more thrills and family fun than you can possibly imagine. The best rides, the best shows, the best food and attractions. Everyday is a different experience at Six Flags Over Texas. Festivals all year long; something for the entire family. Their Looney Tunes USA section features pint-size thrills for kids of all ages. Escape to Six Flags Over Texas, it's the experience memories are made of. Discount tickets are now available through ITR.

Oceans of Fun

Who needs a trip to the coast when Kansas City has Oceans of Fun? With over 60 acres of wet and wild adventure, there is no need to travel anywhere else. Pack your shades and sunscreen and head out to enjoy a million gallons of refreshment in the Surf City Wave Pool. Take a relaxing float along the Caribbean Cooler

or Challenge the storm of Hurricane Falls family raft ride. Kids will have a blast in Crocodile Isle, complete with mini water slides, spray cannons and Captain Kidd's pirate ship. Grown-ups can get away at Castaway Cove, a pool just for adults with a swim-up cabana serving tropical refreshments. Oceans of Fun is the place to be for summer fun. Discounts tickets now available.

Cruise Reservations

Military specials still available for numerous sailing dates. Authorized patrons can start taking advantage of special military discounts and bargain cruises. Stop by ITR for brochures and information concerning Carnival Cruise Lines, Holland America, Royal Caribbean and Disney Cruises. Or make an appointment with Teresa by calling 239-5614/4415.

Silver Dollar City

When strolling through the shaded walkways of Silver Dollar City, you can often hear the unique sounds of the craftsmen. Silver Dollar City combines the wholesome family fun of a major theme park with the timeless appeal of crafts and a dedication of preserving 1880s Ozarks culture. Packed with 17 rides and attractions, four major festivals, 60 unique shops and restaurants and 50 dazzling shows a day, Silver Dollar City truly appeals to all ages. Join in a summertime adventure together with your crew when the city lets down any air of well-mannered sophistication and

opts for a Feast of Fun during the National Kids Fest, June 1 through Aug. 25. You'll find Bob the Tomato and Larry the Cucumber in a new show where all the Veggie Tales friends teach timeless values in a delightfully wacky way! Let ITR put together a package for a weekend get-a-way or family vacation. Discount tickets are also available to other Branson attractions.

Armed Forces Vacation Fund

For only \$234 get a seven-day resort condominium rental at locations around the world. Check out our website at www.offduty-travel.com. Don't forget that Fort Riley is Installation 94 when making reservations. Vacationers also help Fort Riley MWR activities because \$22 from each confirmation comes back to the installation.

Heartland Park Topeka

Year 2002 is the fourteenth year for Heartland Park Topeka, and certainly will be the busiest ever. If your group is looking for something exciting, different and down right fun, then make plans now to go racin'. Contact ITR for dates and package information. Discounts are available for May 23-26, NHRA O'Reilly Summer Nationals and June 14-15 for the World of Outlaws.



IACH Optometry

Effective June 1, Irwin Army Community Hospital's Optometry Clinic will only see active duty soldiers due to staffing shortages. This clinic will resume normal appointing operations no earlier than Oct. 1, pending the arrival of the new optometrist. Non-active duty beneficiaries are encouraged to use their TRICARE benefit for Optometry services. All TRICARE Prime active duty family members (between the ages of three and 64) are eligible for an annual eye exam at no cost. All TRICARE Prime retirees and their family members (between the ages of three and 64) are eligible for an eye exam every two years at no cost. An Optometrist in the TRICARE network must provide the eye exam or the beneficiary assumes full financial responsibility. Pre-

scription eyeglasses or contact lenses are not covered by TRICARE, except under very limited circumstances. For questions or a list of TRICARE network Optometrists, call the TRICARE Service Center at 784-1200, Option four, or visit the TRICARE Service Center on the fifth floor of IACH.

Prenatal classes

The Women Infant Care Center of Irwin Army Community Hospital is offering a new series of prenatal classes, "The Gift of Motherhood" on June 15, 9:30 a.m. to 1:30 p.m., in the third floor classroom. Expectant mothers, between their 12th and 40th weeks of pregnancy are eligible to attend. The prenatal classes are free and each participant will receive a personal copy of the book, "The Gift of Motherhood"

to take home. Expectant mothers are asked to bring their spouse, significant other or birth coach. The class is limited to 20 participants. The prenatal classes will continue to be held on the 3rd Sat. of every month at IACH. For more information, please call Capt. Diana Seuss at 239-7434. To register for "The Gift of Motherhood" prenatal classes, please call the Fort Riley TRICARE Service Center at 784-1200 or toll free is 1-888-874-9378.

Tobacco cessation

New classes are forming to kick that tobacco habit. Irwin Army Community Hospital (IACH) offers a four-week tobacco cessation program, which meets on Wednesday from 5-6 p.m. or Thursday from 3:30 - 4:30 p.m. For those concerned about gaining weight after kicking the

tobacco habit, a dietician teaches participants healthy ways to avoid weight gain.

Active duty uniform service members, their families, retired military, and DoD civilians may participate in the tobacco cessation program. For more information contact Community Health Nursing at 239-7323.

Pregnancy Physical Training

Pregnancy Physical Training is held every Monday, Wednesday and Friday, on the basketball court at Long Fitness Center, 8069 Normandy Drive, 6:30 - 7:30 a.m. The program is designed to serve the special needs of the pregnant soldier by providing appropriate physical training and a health education program. For more information, call Sgt. Carrie Jensen at 239-4260.

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Car seat safety priority at IACH

By April D. Kidd
Community Health Nurse

There is a right way and a wrong way for using a child car seat. Community Health Nursing at Irwin Army Community Hospital wants to help Fort Riley, Junction City and Manhattan's military families, in conjunction with Buckle Up America Week May 10-27, learn the right way to buckle their kids into car seats. On Wednesday there will be a free child passenger safety check-up event at the Child Development Center, building 6950, from 2 - 3:30 p.m.

This event is open to all military families and retirees, and Department of the Army civil service employees.

According to the National Highway Traffic Safety Administration's, their studies observed child safety seat misuse in nearly 30 percent of the child seats observed. In some cases, the seat was not properly attached to the vehicle; in others, the child way not appropriately buckled into the seat."

Beneficiaries who utilize Fort Riley Child and Youth Services and have their child's car seat checked during this event, will receive a \$5 credit toward child-care. This credit can be used for services at Family Child Care homes, School Age Services, and the Child Development Center.

According to NHTSA, all 50 states, the District of Columbia, Puerto Rico and the U.S. Territories, have child passenger safety laws. In other words, every state requires that infants and children ride buckled up. However, more and more children are killed and injured in car crashes than from any other injury. Using a car seat

correctly can prevent many of these injuries, but it is not as easy as you may think. Just a little mistake in how the seat is used could cause serious injury to a child.

The Kansas Child Passenger Safety Act is the primary child passenger safety law.

This safety act requires that all children under age four be in a federally approved child safety seat. Another requirement is for children at four years of age, but under the age of 14, to be protected by a safety belt. Persons under the age of 14 are also prohibited from riding in any portion of a motor vehicle, which is not intended for passengers; this includes riding in the back of pickup trucks.

Motorists will be fined for these violations and will also be responsible for court costs, incurring a traffic infraction for each offense.

Although the Kansas Safety Act only requires children to be in a car seat up to age four, NHTSA advises that children use a booster seat up to age 12, dependant on the size of the child.

Traffic crashes are the leading cause of death for children of every age from five to 14 years - a fact that can be linked, at least in part, to the reality that most kids are unbuckled or improperly restrained in vehicles.

When children out-grow forward facing child safety seats, they need to be restrained in a booster seat - until they are big enough to fit properly in an adult seat belt.

There are a few pointers that can help you install your child's car seat properly.

Infants should ride in rear-facing child safety seats until they have reached both 20 pounds and

one year of age. Never place a rear-facing child safety seat in front of an air bag.

Children who weigh more than 20 pounds and who are older than one year of age should ride in forward-facing child safety seats for as long as the child fits well into the seat; ears below the top of the back of the seat and shoulders at or below the top strap slots.

Children who have outgrown their child safety seats, but are too small to wear seat belts properly should ride in booster seats. Seat Belts fit properly when they can be worn with the lap portion of the belt low and tight across the hips, and the shoulder portion across the shoulders without cutting across the face and neck.

Picking the best car seat for your child can be a mind-boggling task. No one seat is the safest or the best. The best car seat is the one that fits your child's size and weight, and can be installed correctly in your car.

Price does not always make a difference. Higher prices usually mean added features that may or may not make the seat easier to use. When you find a seat you like, try it out. Put your child in the seat and adjust the harness and buckles. Make sure it fits in your car. Keep in mind that displays or illustrations of seats in stores do not always show them being used correctly.

Community Health Nursing can assist in car seat placement. Beneficiaries may contact Community Health Nursing at 239-7323 for an appointment and to get additional information on Child Passenger Safety.



Spc. Martin Ghrist, 172nd Chemical Company, straps in his six-month-old daughter, Rhiannon, into her car seat before a trip to the commissary. On Wednesday, there will be a free child passenger safety check-up event at the Child Development Center.

Hospital launches website

By Emilie L. Howe
MEDDAC PAO

Irwin Army Community Hospital launched a new web site on April 29. "I just wanted to draw people to it, and for it to be something useful," said Marc Carter, webmaster for 'Irwin Online.' The web site can be found at: <http://iach.amedd.army.mil>.

Carter began redesigning the hospital's web page in October 2001. In March 2002, Carter took on the biggest part of the job - collecting information from the hospital's medical and administrative services. He is a government contract employee of Science Applications International Corporation, San Diego, Calif.

A few highlights of the site are information on patient services; health news; biographical information on the health care staff and the IACH Pharmacy's formulary.

The hospital's web page supports the hospital commander's emphasis on patient satisfaction, said Flo Garlick, chief of information management division. "We wanted to use the web to increase patient satisfaction and provide more health care knowledge in a dynamic environment."

She said Irwin Online serves as a patient education site because of the web links to many health care information web sites. A statistic reported by the Health Care Information Management System is that 59 percent of the U.S. population is using the internet to obtain health care information.

According to Col. Arthur Wallace, hospital commander, the goal in the next 12 - 24 months is to provide a portal to make routine primary care appointments, obtain basic lab results and other patient information via a userID and password.

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